

# Dealing with a Valentine's Day Breakup



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

According to AYI.com, one in five people were dumped on Valentine's Day. The best way to combat that seemingly horribly timed breakup is to get right back in the saddle! Look at this negative occurrence as a positive opportunity.

Good news is, it's still the beginning of the year. Make it your new New Year's resolution to let go of the one who broke your heart and focus on your fabulous self.

**Related Link:** [5 Celebrity Exes That Became Famous After the Breakup](#)

To start the forgetting process, make a list of what you don't like about your ex. Think about those times when he made you feel bad and didn't lift you back up. Then, write about the life you want. Who knows, thinking about your future may even inspire you to write a book or open your own business.

Erase all of your photos of him; if it's too hard to relive those memories, ask a friend to do it. Delete him from your phone too. The less you're reminded of him, the better.

Don't go on social media to check his status – and don't use mutual friends to do it either! Don't reread old emails, love notes, and text messages; you'll only make yourself upset. Don't listen to old voicemails either. The key is to remove all the triggers that relate to your ex.

Now, take a step back to get organized and then dive into your goals.

Go to the gym and take a spin class or drink some of that increasingly popular green juice. (It tastes decent but makes you *feel* great.) When you take care of yourself physically, your mental health and self-esteem improve too.

Not into the gym? Learn something new. Sign up for a French class or dig out your cookbooks and try different recipes. You won't have time to think about your broken heart when you're trying to figure out what “l'indépendance va vous libérer” means or how to not burn the soufflé that's in the oven!

**Related Link:** [How to Get Through a Breakup and Heal Your Heart](#)

Use this time to tap back into your responsibilities and remain active. My sister met her fiancé through the kickball league that she joined with her girlfriends. You never know when or where you'll stumble across The One!

This is also the perfect opportunity to explore new avenues of dating. Why not create an online dating profile? Let the

positive feedback you receive from people messaging you boost your confidence. Just be sure you don't compare your new potential mate to your ex. It's time to start completely anew. Good luck!

*For more information about Project Soulmate, click [here](#).*

**Any tips for dealing with a broken heart? Tell us in the comments below!**